

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

April 2010

Baked Ham and Cheese Sandwich White Bean and Ham Soup Carrot and Oatmeal Cookies Favorite One-Dish Chicken Pasta Fruit Salad

Baked Ham and Cheese Sandwich

3 cups WIC flake cereal (bran, corn, etc.), crushed to 1½ cups
2 eggs
½ cup 1% or skim milk
8 slices whole wheat bread
Light or fat-free mayonnaise or mustard (optional)
4 slices cooked ham
4 slices cheese
4 teaspoons melted margarine or butter (optional)

1. Preheat oven to 425 degrees.
2. Spray a 15 x 19-inch jellyroll pan with nonstick cooking spray.
3. Place crushed cereal in a shallow dish.
4. Beat eggs and add milk; place in another shallow dish.
5. Spread 4 bread slices with mayonnaise or mustard, top with ham, cheese and a second slice of bread.
6. Dip each sandwich into the egg mixture and then into the crushed cereal.
7. Place sandwiches on jellyroll pan; drizzle with melted margarine.
8. Bake for 10-15 minutes until crisp and lightly browned.

Nutrition Note: This recipe makes 4 sandwiches. Each sandwich has 360 calories, 11 grams of fat, and 44 grams of carbohydrates. (This Nutrition Note does not include the optional ingredients.)



Shop Smart - Stretch Your Fruit & Veggie Dollar

Prepackaged lettuce and spinach are usually more expensive than buying them whole and washing/cutting them up at home. They also tend to spoil quickly after opening.

(From ISU Extension Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/>)

White Bean and Ham Soup

2 cans (15 ounces) great northern beans, rinsed and drained
2 medium carrots, diced
1 small onion, chopped
1 tablespoon butter or margarine
2¼ cups water
1½ cups cooked ham, cubed
½ teaspoon salt
¼ teaspoon pepper
1 bay leaf



1. Mash one can of the beans and set aside.
2. In a large saucepan, sauté carrots and onion in butter.
3. Stir in water, ham, seasonings and whole and mashed beans.
4. Cook over medium heat until heated through. Discard bay leaf before serving.

Nutrition Note: This recipe makes 6 servings. Each serving has 250 calories, 4.5 grams of fat, and 34 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "After my son spent two weeks in the NICU, I wanted to be sure he was getting what he needed nutritionally and I wanted to have a close special connection to him, so I decided to breastfeed him."

~ Heather, WIC Breastfeeding Mom from Fargo, ND



Carrot and Oatmeal Cookies

¾ cup margarine or butter
¾ cup sugar
1 teaspoon vanilla
¾ cup flour
½ teaspoon baking soda
½ teaspoon salt
2 jars (4 ounces) baby food carrots
1½ cups oatmeal
¼ cup raisins, optional



1. Preheat oven to 350 degrees.
2. In a large mixing bowl, cream margarine, sugar and vanilla.
3. Add flour, baking soda and salt. Mix well.
4. Mix in baby food carrots, oatmeal, and raisins.
5. Drop by spoonfuls onto a cookie sheet and bake for 12-14 minutes.
6. If desired, frost with vanilla frosting.

Nutrition Note: This recipe makes 25 cookies. Each cookie has 100 calories, 5 grams of fat, and 14 grams of carbohydrates. (This Nutrition Note does not include the optional ingredients.)

Favorite One-Dish Chicken

1 can (10.5 ounces) fat-free cream of chicken soup
1 cup 1% or skim milk
½ cup shredded reduced-fat cheddar cheese
1 cup instant brown rice, uncooked
2 boneless, skinless chicken breasts, cut in half (about 12 ounces)
½ teaspoon thyme
½ teaspoon paprika

1. Preheat oven to 350 degrees.
2. Spray a 2-quart baking dish with nonstick cooking spray.
3. Combine soup, milk and cheese; set aside ¼ cup of this mixture.
4. Combine remaining soup mixture with rice. Spoon into the baking dish.
5. Top with chicken. Spoon reserved soup mixture over chicken.
6. Sprinkle with thyme and paprika.
7. Bake for 35 minutes.

Nutrition Note: This recipe makes 4 servings. Each serving has 270 calories, 5 grams of fat, and 28 grams of carbohydrates.



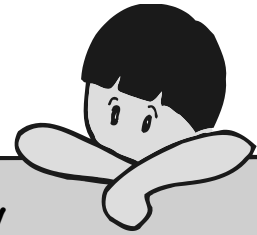
Pasta Fruit Salad

½ cup sugar
1½ tablespoons cornstarch
1 cup orange juice
1 box (7 ounces) ring macaroni
1 can (20 ounces) pineapple tidbits, drained
2 cans (11 ounces) mandarin oranges, drained
1 cup grapes, cut into halves

1. Combine sugar and cornstarch in a saucepan. Add juice. Cook over medium heat, stirring often, until thick. Cool.
2. Cook macaroni. Drain and cool.
3. Combine macaroni, pineapple, oranges and grapes.
4. Fold in cooled orange juice mixture. Chill and serve.

Nutrition Note: This recipe makes 12 servings. Each serving has 170 calories, 0 grams of fat, and 39 grams of carbohydrates.

Turn Off the TV



Help your child think of as many different animals as she can. Now move and act like an animal. Add music for more fun. Here is a list to get you started.

- Frog - squat down to the ground and leap around
- Elephant - use your arms to make a trunk, swing your trunk around
- Kangaroo - hop forward, backward, and side to side

(From the Iowa WIC Program)



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GROWING HAPPY FAMILIES

Make regularly scheduled meals a family priority.

Children need set meal and snack times. Eating on the run doesn't work well for children. Whether you are eating at home or "on the road," take the time to sit down and eat with your child.

